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Mechanisms for the Effective Organization of the Process of Assessing the Physical and Functional Capabilities of Volleyball Players of Different Ages

Prof. Z.B Boltaev

Head of the Department of Methods of Teaching Sports, Faculty of Natural Sciences and Physical Culture, Samarkand State University named after Sh. Rashidov

N. A. Shukurova

1st year Master of Preschool Education, Samarkand State University named after Sh. Rashidov

Annotation: This article aims to find mechanisms for the effective organization of the evaluation process as a result of theoretical analysis of research conducted to assess the physical and functional capabilities of volleyball players of different ages.

Key Words: young volleyball players, physical and functional ability, physical ability, physical training, physical testing, training system, special training.

In sports practice, many years of sports training is a long-term pedagogical process carried out in stages, the effectiveness of which depends not only on the use of modern teaching methods, tools and advanced innovative technologies, but also to control this process. based on the assessment and the results obtained, it is also determined by measures to make changes in accordance with the preparatory program.

Achieving high results in today's increasingly competitive volleyball is based on functional capabilities that allow you to "easily" master the loads applied, without compromising the level of physical and technical-tactical training during long-term intense training and competitions. In this regard, it is especially important to purposefully shape the physical performance of each volleyball player and create opportunities to maintain his efficiency during the annual training cycles. However, the organization of these processes requires consideration of the age and training stages of volleyball players. Periods of the annual training process (training, competition and transition periods) in the formation of physical qualities and technical-tactical movements, including the design of the ability to work and its functional components, and the conduct of various trainings at the appropriate stages of preparation. Relying on the stages of the period (UJT, MJT, MOT, competition, transition) is the basis for achieving useful results [1]. At each stage and stage of the annual training process, it is important to monitor and evaluate the dynamics of the formation of types of training (physical, technical-tactical, functional training), including general and special physical performance using objective tests. It has become customary to transfer the multi-year preparatory process from one academic year to another and from each preparatory group to another in accordance with the normative requirements developed by Y.D. Zheleznyak. For example, he recommends the use of the following regulatory requirements to monitor the level of physical fitness of volleyball players of different ages in different cycles of the training process and the dynamics of its change (Table 1.1).

Normative requirements for physical training for junior volleyball players (according to Y.D. Zheleznyak)

T/r	Test exercises	11	12	13	14	15	16	17	18	19-20
1.	Body length, (cm.)	160	165	157	180	184	190	192	195	198
2.	30 m. run, (seconds)	5,3	5,2	5,1	5,0	4,8	4,7	4,6	4,6	4,5
3.	6x5 m. run, (seconds)	12,0	11,5	10,5	10,2	10,0	10,0	9,7	9,5	9,2
4.	"Archasimon" running – 92 m., (seconds)	29,0	28,0	27,0	26,5	26,0	26,0	24,8	24,0	23,2
5.	Vertical jump from the ground, (sm.)	45	50	60	65	70	80	84	86	90
6.	Running, vertical jump (sm.)	50	56	66	72	78	88	94	96	100
7.	Throwing a 1-pound ball from behind the head while sitting, (m.)	5,0	6,2	7,2	8,0	9,0	10,0	13,0	14,5	16,0

Similar regulatory requirements for assessing physical fitness have been introduced by other professionals [2]. Therefore, they can only be used as a conditional target.

A group of noted authors used a series of test exercises to control the developmental dynamics of physical qualities. The second group used test exercises as the norm [4] .

Another group of authors used diagnostic tests to create model indicators for volleyball players of different ages. However, the results of diagnostic tests used to express regulatory requirements for control and model indicators differ significantly. This may be due to the fact that regulatory requirements and model indicators have been developed in different years.

As mentioned above, the preparation of volleyball players for competitions, bringing them into "sports uniform" and showing high results in competitions during many years of sports training depends on special physical performance and its priority components. However, a number of sources on these issues have different interpretations of volleyball players' physical ability, and the qualities listed as its priority components are inconsistent. For example, According to A.V.Bulikina, A.S. Ananin, jumping, starting reaction, time to run certain distances and agility (coordination ability) should be among the leading qualities in volleyball players. [3]. Y.P. Denisenko and others acknowledge that the use of muscle relaxation measures is very useful in restoring and enhancing specific physical performance. They argue that muscle activity cannot be achieved without muscle relaxation when demonstrating the ability to coordinate rapid movements or endurance to speed. The idea recognized by M.A. Godik in this regard is noteworthy. He emphasizes that the source of every physical quality, that is, speed, endurance, agility or coordination ability and flexibility, as well as technical and tactical skills, is the qualities of strength or power. If the strength is poorly formed or decreased due to fatigue, then the speed of all the qualities mentioned in the athlete will decrease.

In volleyball, in the 4th and 5th games, in football, in the last part of the time, in basketball, in the 3rd and 4th parts, the symptoms of fatigue increase, first of all, leading to a decrease in strength qualities [5]. Therefore, we recommend to give priority to the development of strength qualities in sports from an early age in a specialized direction. However, he emphasizes the need to increase the energy-boosting aerobic capacity inherent in sports in

order to effectively shape such strength qualities.

In this regard, the impact of workload, the level of mastery of the developed quality or emerging technical and tactical movements and the dynamics of their change are constantly monitored, based on the results, changes are made to training programs, training content, scope and intensity. is important. In the effective organization of such a process, the application of the system "coach-athlete-coach-athlete-result" on a scientific basis ensures the targeted formation of physical and technical-tactical movements, the development of physical fitness and the achievement of a high level of "sports uniform". lays the groundwork for preparation for competitions.

These problems and issues have been studied by many experts in the field of training highly qualified volleyball players. In particular, Y.D. Based on his many years of coaching experience and a number of studies, Zheleznyak argues that the system of training highly qualified volleyball players should be a multi-year pedagogical process consisting of interrelated stages. The first stage (9-14 years) is the selection and initial preparation stage. At this stage, the selection of children using the methods and tests introduced in volleyball practice, taking into account their specific hereditary and lifelong abilities, future anthropometric indicators, then a special program of initial preparation with selected children to organize within. According to the author, at this stage, priority is given to strengthening health, training in vital motor skills, the development of basic physical qualities in a proportionate direction [3].

In the second stage (15-17 years) it is recommended to focus on special training, ie the formation of volleyball-specific physical qualities, as well as the improvement of technical and tactical skills in the field of game functions (amplua).

It is recognized that the third stage (18-20 years) will focus on improving physical and functional capabilities and technical and tactical skills based on the principle of comprehensiveness.

In the fourth stage and beyond (21 years and older), the training focuses on the development of higher sports skills.

At the same time, it should be noted that a number of studies have shown that the predominance of the formation of one or another physical attribute in each type of sports game varies in different cycles of the annual training process. According to V.Y. Zubkov, in the first stage of the training period, highly qualified volleyball players should be given priority in the formation of components such as strength, endurance, agility, and in the second stage - speed, strength, jumping, jumping endurance and coordination. as long as it serves its purpose. It turns out that the physical qualities mentioned in the competition stages of the training period should be formed in the appropriate order [11]. A number of other experts-scientists in the first three stages of the training process (UJT, MJT, MOT) give priority to the design of components of physical performance, such as agility-strength qualities, their endurance, including agility, agility, flexibility, jumping and jumping endurance. emphasize the need to shape game modes and develop game endurance based on further specialization of these qualities [8].

In this regard, the opinion of the leading and experienced trainer in physical training D.Azzara from Italy is noteworthy. He noted that almost all movements in volleyball (jumping, running, attacking blows, etc.) are based on explosive, dynamic, reactive, maximum force. Therefore, it is important to train these types of strength at all stages of the training process with the help of specialized functional exercises. However, it is recognized that such exercises need to be tailored to the goals and objectives of the training cycle [6].

Based on the conceptual information recognized by A.T. Garipov, Y.Y. Kleshchev, Y.V. Fomins, L.P. Matveev, V.N. Platonov, J.K.Kholodov, V.S. It is advisable to use speed-strength exercises first, then speed-endurance training. In addition, in their opinion, it is necessary to use exercises that develop speed-strength qualities, and then general endurance [7,8,9,10]. But according to the ideas put forward in fundamental research in this regard, general endurance is the foundation of special endurance. This means that it is more important to develop general endurance (aerobics) first, and on this basis to develop agility-strength, agility and jump endurance.

It should be noted that in all sports, including volleyball, it is important that the exercises used to develop physical fitness or physical qualities are specialized in the coordination of each technique and tactics.

Based on the comparative analysis of scientific and methodological information, theoretical ideas and opinions expressed by experts in the sources presented in this article, the following conclusions can be made:

1. Unfortunately, it has become clear from the analyzed sources that terms such as “General” and “Special” physical ability or “Working ability” are interpreted by different authors with different concepts. This situation leads to specific problems in the development of these skills, the selection of appropriate exercises, their application and assessment methods (tests).

2. The scientific and methodological data presented in this article show that the assessment of the effectiveness of trainings and competitions or the level of physical and technical-tactical training is mainly determined by the volume and intensity of exercises (or techniques) performed in these processes. However, there is no emphasis on assessing the functional value of training and competition games. Although an athlete may achieve high results physically and technically during a training session or competition, it is unlikely that this result will be achieved to the maximum extent of the body's capacity or ability to work. It is inevitable that the result will fall due to excessive fatigue in the next training session or competition.

3. The qualities of jumping, jumping endurance, agility, agility, endurance, and even flexibility, which are the components of volleyball-specific physical activity, are of paramount importance in achieving a sporting form through appropriate exercises in each cycle of the annual training process. However, it became clear from the comments of the authors that the content of exercises used in the development of these physical qualities is the movement of the volleyball player across the field (across zones), the technical and tactical methods performed (offensive blows, to compression, etc.).

4. The analyzed sources show that the normative requirements for volleyball, which represent the priority jumping, speed-strength qualities and technical-tactical training, are specified from the initial stage of preparation to the stage of improving high sportsmanship. However, such normative requirements for these qualities and functional indicators (neuromuscular, vascular, respiratory, etc.) that provide the energy of technical and tactical actions, as well as in all programs, educational and methodological was not found in the appendices either. This means that in order to easily handle large loads, such young players need to be highly functional. However, the analysis revealed that almost no research on these issues has been conducted.

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